

Study Habits: A Way towards Life Skills Development

Yogesh Rathi

*Assistant Professor, Tilak Maharashtra Vidyapeeth
yogeshrathi16@hotmail.com*

Dr. Balbinder Basson

*Associate Professor, Tilak Maharashtra Vidyapeeth
fineartschandigarh@gmail.com*

Abstract

This is the globalization and in this era the concept of Education is becoming more and more vast As we know Gandhiji's saying that "By Education, I mean all round drawing out of the best in child and man-body, mind and spirit. Literacy is not the end of Education nor means whereby man and woman can be educated. Literacy in itself is no Education." (Aggarwal, 1981,p7) So the main aim of Education is to bring all round development of a child which will enable him to face this competitive world. All round development can be easily done by inculcating good habits and developing good skills of a child. Family members and teachers can easily work on this task. If from childhood good habits and skills are developed it will be better to cope with the situation arises during secondary level of schooling of a child.

Training and learning skills are major factors which help students to get success in their lives. The acquisition, integration, organization can be facilitated by the use and practice of effective study skills, Development of proper and favorable study habits will lead the students to the development of life skills.

Key words : Education , study habits , Skill

Life Skills

Life skills are the abilities that help people to work well in the environments in which they live. Life skills are defined by World Health Organization (WHO) as The abilities for adaptive and positive behavior that enable individuals to deal effectively with the demands and challenges of everyday life."

UNICEF defines life skills as "a behaviour change or behavior development approach designed to address a balance of three areas; knowledge, attitude and skills."

Life skills include many abilities and skills which a person has or should have, like psychological abilities and interpersonal skills, etc.

The ten core life skills as laid down by WHO are listed below.

1. Self-awareness
2. Empathy
3. Critical thinking
4. Creative thinking
5. Decision making
6. Problem solving
7. Effective communication
8. Interpersonal relationship
9. Coping with stress
10. Coping with emotion

Considering the needs and aspiration of secondary level students these life skills are very important, if a student wants to develop above life skills, the process should start from school stage. Here more focus is given on secondary level students as it is requisite as a base for entering the college life ahead. Many competitive examinations, other new activities, challenges are waiting for them. It is the door to enter the new world ahead.

Secondary Level of Schooling: A Stormy Period Of Life

At secondary level many changes happen in a student, like Physical changes, Psychological changes, Emotional changes, Social changes etc. This stage is generally considered as a crucial stage of students' life. For these students achievement, success, individual identity matters a lot and has a great value in their lives. All students work hard to succeed this stage but at the same time all students do not reach the same level of achievement. There are many reasons which work as hurdles in the path of success. In the following diagram few of them are listed. If, at this stage proper guidance and support is given to the students, all these hurdles can be overcome.



Figure 1 : Hurdles in achievement

To overcome the obstacles mentioned in figure-1, development of life skills is very essential. It plays important role at this stage, as secondary level is the bridge between Primary Education and Higher Education. Secondary level students are in the stage of self study. If proper skills and habits are developed at this level, it will definitely help the students in their future.

Study habits

In literature study skills are usually defined as student's ability to manage time and other resources to complete an academic task successfully. Study skills contribute significantly in the development of knowledge and perceptual capacities.

"Study habits refer to learning which leads to the achievement of a learner's goal through a prescribed pattern of steady behavior." (Ogbodo, 2010, p 229). Learning through proper study habits is an important process in student's behavior as it influences language, skills, attitudes, interest, and even goals. Study habits mean a routine behavior of a person to learn, to gain knowledge.

It is the necessity of time that students should develop proper study habits. They should know the efficient and systematic way of learning to face various problems in study and various competitions in life.

The development of study habits include following aspects.

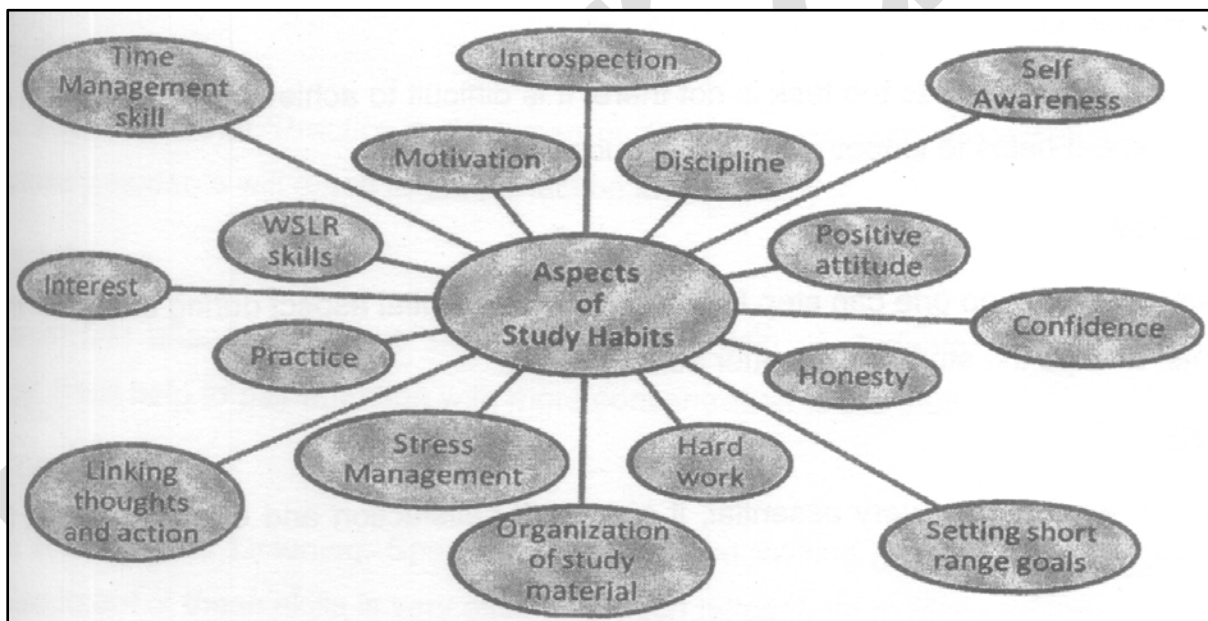


Figure 2 : Aspects of Study habits

Aspects of study habits mentioned in figure-2 are discussed as follows :

Motivation :

Motivation is a requisite as a base for any activity. It is the inner desire and drive to behave or act to achieve goals of life. Without motivation no work can reach to the final stage. If the students are motivated to study they can do better than what they do at present. Motivation is such a factor which forces to do other related activities for study.

Introspection :

It is very important to study own feeling, action, thoughts etc. which will help the students to direct their own plan of action for their study.

Discipline :

Whatever work we do discipline is must which helps the students to study in a systematic way.

Self awareness :

It includes identifying our strengths and weakness, desires, likes and dislikes. It helps the students to recognize when they are under stress or pressure and how to overcome it.

Positive attitude :

If positive attitude towards the task is not there, it is difficult to achieve the higher level of achievement. It helps to smooth the path of success.

Confidence :

Without confidence no one can step forward. It is an essential aspect during study for the students. It helps the students to better achievement.

Honesty :

Honesty in each task is very essential, it gives self satisfaction and encouragement for the next task.

Setting short range goal :

Achievable deadlines for each task should be set It helps the student to complete the task on time and satisfaction of achieving the goal.

Hard work :

There is no option to hard work. If the habit of hard work is developed from student age it will help to achieve success.

Organization of Study Material :

Proper organization of study material helps to save time and manage the resources which lead to stress free study environment.

Stress management :

Stress is the major factor which affects the functioning of an individual. Students have stress due to exam fear, achievement, fulfilling the targets, goal setting, etc. Stress management includes identifying source of stress, effects of stress and means to control the stress. Students should learn to manage their stress by performing various activities like proper Rest, Proper diet, Exercises, Yoga, Meditation, etc. which will help to concentrate on study.

Linking thoughts and action

Whatever mind thinks positively that has to come in action, i.e. linking thoughts and action together and working on it positively will help to work fast without frustration.

Practice :

It is well known that 'Practice makes man perfect.' If these skills are practiced properly, ultimately students will reach to the perfection in their study.

Interest :

Interest and attention are two sides of the same coin. If students will take interest in study, it will help to pay attention with more concentration to the study.

LSRW SKILLS :

This comprises of Listening, Speaking, Reading and Writing (LSRW) skill. For students development of these skills is very essential which helps them to focus on the study.

Time Management Skill

Considering various activities a student need to do in a day, proper time management is very important. It helps to increase effectiveness and efficiency of the task. When students use this skill, it leads them towards success with minimum tensions and indecision that may arise in case of any extra task.

Study Habits: A Way Towards Life Skills Development

- Once the habit is formed it stays with a person throughout his life.
- The above mentioned skills are very important to live a successful life.
- Inculcation of proper study habits at school stage will help the student to lead his life successfully.
- It will be easy for a student to achieve his goals not only at school stage but also in his life.
- As above mentioned aspects are closely related to life skills, it will support to life skills-based education in schools,
- These habits will help in personality development of a student.
- With these skills overall grooming of a student can be achieved.
- If a student will have these habits it will help him to develop his Social skills i.e. Self awareness, Effective communication, Interpersonal relationship etc.
- It will enhance his Thinking skills such as creative thinking, critical thinking, decision making and problem solving.
- It will help the student to develop his 'Emotional Skills' like 'Coping with Stress and Coping with Emotions.1
- When a student will follow these study habits ultimately it is the development of life skills.
- The aforementioned aspects will help a student to learn effectively,
- It is a good combination of knowledge, values, attitudes and skills which will emphasize on core life skills

- These skills, directly or indirectly are related to Critical thinking, Problem solving, Self-management and Interpersonal skills.

To Sum Up

Development of study habits at secondary level of schooling is very important to overcome stress. It is also necessary to develop various skills among them which will enable them to be a good achiever in their lives. If the students will follow all these skills, it will help them to live their lives in a systematic way by managing various aforementioned aspects. Ultimately it will help them to better their lives. It will enhance their efforts in a positive way. A positive behavioral change can be observed in the students. The main three aspects of life skills viz. knowledge, attitudes and values and skills can be enhanced by following study habits.

Practically, it is difficult to change the behavior of an individual but easy to develop a habit. And Finally Habit leads to be a skillful worker of the task. So habit formation will lead towards development of skills. Thus Study Habits can be a first step towards development of Life skills.

References

- Agarwal J.C. (1981) *Philosophical and Sociological Bases of Education*, Vikas publishing house, Pvt. Ltd., NewDelhi - 110014
- Ochanya, Rosemary OGBODO, (nd) *Effective Study Habits in Educational Sector Counselling Implications*, Continuous Education FCT College of Education Zuba,
- Life Skills Teacher's manual- Central Board of Secondary Education, New Delhi
- Life Skills and CCE- Central Board of Secondary Education, New Delhi
- Singh, D., & Tilak, G. (2020). *Implementation of Education Model 4.0: Developing Industry 4.0 Skills in Graduates Engineers for Improving Employability Skills*.